

PETERSBURG 1,000 POUND CHALLENGE



Participation = 1 point per activity listed

Class or Activity	Class/Activity offered	Time	Date	Location	Sponsoring Agency
Fitness Activities					
Aerobics Low Impact	Weekly/Tuesdays	9:30AM-10:30AM	Ongoing	Tabernacle Baptist Church - Life Center , 444 Halifax Street	City of Petersburg Recreation Department
Aerobics High Impact	Weekly/Thursday	9:15AM-10:15PM	Ongoing	Tabernacle Baptist Church - Life Center, 444 Halifax Street	City of Petersburg Recreation Department
Aerobic Workout	Weekly/Saturdays	8:00AM-9:00AM	September - November	Petersburg Sports Complex, 100 Ball Park Road. PTG, Va 23805	City of Petersburg Recreation Department
Caldwell's Chair Dance	Weekly/Thursdays	12noon-1:00PM	Ongoing	Petersburg Public Library, 201 W. Washington Street	Petersburg Pubic Library & Healthy Living & Learning Center
Citywide Clean-Up	Saturday, October 26, 2019	8:00AM (Clean UP) 12PM	October 26, 2019	Clean Up - sites throughout the city	City of Petersburg (Clean Up)
Family YMCA - Fitness Classes	https://www.ymcarichmond.org/locations/petersburg/schedules/	https://www.ymcarichmond.org/locations/petersburg/schedules/	https://www.ymcarichmond.org/locations/petersburg/schedules/	Petersburg Family YMCA 120 Madison Street	Petersburg Family YMCA
Jump Rope with Jump Starz	Weekly/Thursdays - begins September 26	6:00PM-7:00PM	September 26 - October 24, 2019	Lee Memorial Park (Tennis Courts), Johnson & Defense Roads	City of Petersburg Recreation Department
Kickball League	Weekly/Mondays	6:30PM-7:30PM	October	Petersburg Sports Complex, 100 Ball Park Road. PTG, Va 23805	City of Petersburg Recreation Department
Let's Walk the Track	Weekly/Monday thru Thursday	5:15PM-6:20PM	September - November	Petersburg High School Track 3101 Johnson Road	City of Petersburg Recreation Department
Line Dancing	Weekly/Tuesdays & Thursdays	10:00AM-11:00AM	Ongoing	Tabernacle Baptist Church - Life Center, 444 Halifax Street	City of Petersburg Recreation Department
Me Too! Kids Fitness	Weekly/Mondays	6:00PM-7:00PM	Ongoing	Petersburg Public Library, 201 W. Washington Street	Petersburg Pubic Library & Healthy Living & Learning Center
Metropolitan Fitness Workout	Weekly/Monday & Tuesdays	7:00PM-8:00PM	Ongoing	Metropolitan Baptist Church, 1021 Halifax Street	Metropolitan Baptist Church
Metropolitan Zumba	Weekly/Monday & Tuesdays	6:00PM-7:00PM	Ongoing	Metropolitan Baptist Church 1021 Halifax Street	Metropolitan Baptist Church
One Hour of Power with Ivory Coast to Coast	Wednesdays	6:3-PM-7:30M	September-November	Petersburg Sports Complex, 100 Ball Park Road. PTG, Va 23805	Petersburg Recreation
Pickle Ball	Weekly/Wednesdays	6:30PM-7:30PM	September - November	Lee Memorial Park (Tennis Courts), Johnson & Defense Roads	City of Petersburg Recreation Department
Sit & B Fit	Weekly/Mondays Weekly/Wednesdays	11:30AM-12:30PM 11:30AM-12:30PM	Ongoing Ongoing	Petersburg Public Library, 201 W. Washington Street	Petersburg Pubic Library & Healthy Living & Learning Center
Slim and Shape with Amanda	Weekly/Tuesdays	12:00PM-1:00PM	Ongoing	Petersburg Public Library, 201 W. Washington Street	Petersburg Pubic Library & Healthy Living & Learning Center
Tai Chi	Weekly/Wednesdays	5:00PM-6:00PM	Ongoing	Petersburg Public Library, 201 W. Washington Street	Petersburg Pubic Library & Healthy Living & Learning Center
Virginia State University 5K Run/Walk	Saturday, October 26, 2019	9:00AM	October 26, 2019	Campus of Virginia State University Football Stadium	Virginia State University
Walk the Trails at Lee Memorial Park - Wilcox Lake (On you own)	Sunday thru Saturday	7AM - 6:00PM	Ongoing	Lee Memorial Park Wilcox Lake 1616 Defense Road	Petersburg Parks & Leisure Services and the Wilcox Watershed Conservancy
Yoga	Weekly/Mondays Weekly/Fridays	5:00PM-6:00PM 12noon-1:00PM	Ongoing Ongoing	Petersburg Public Library, Ask for Roberto, 201 W. Washington Street	Petersburg Pubic Library & Healthy Living & Learning Center

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Wellness Activities					
Blood Pressure Screening	October 10, October 28, November 4, November 7, November 14, November 21, 2019	Lunch 12:00PM-12:30PM	October 10, October 28, November 4, November 7, November 14, November 21, 2019	Petersburg Public Library, 201 W. Washington Street	Nursing Students from Southside College of Health Science
Downtown Churches United - Walk Against Hunger	October 5, 2019	8:00AM	October 5, 2019	Poplar Lawn Park 315 S. Sycamore Street	Petersburg Downtown Churches United
Healthy Grocery Shopping	Monday/Wednesday	12:30PM	Ongoing	Petersburg Public Library, 201 W. Washington Street	Petersburg Pubic Library & Healthy Living & Learning Center
Petersburg (VA) Chapter of The Links, Incorporated - Walk for Healthy Living	September 28, 2019	9:00AM	September 28, 2019	Petersburg High School Track, 3101 Johnson Road	Petersburg (VA) Chapter of The Links, Incorporated
Virginia State University - 4th Annual Suicide Prevention Awareness Walk	September 19, 2019	5:00PM-6:00PM	September 19, 2019	Virgini State University, 1 Hayden Street	Virginia State University
Health Seminars					
Lunch and Learn	Monthly/First Mondays	11:30AM-12:3PM	9/9/19 and 10/7/19	Petersburg Family YMCA, 120 Madison Street, 23803	Petersburg Family YMCA
Lunch and Learn: Stroke Symptoms	September 9, 2019	11:30AM-12:00PM	September 9, 2019	Petersburg Family YMCA, 120 Madison Street, 23803	Petersburg Family YMCA
Living Well with Diabetes Class	September 20, 2019	9:00AM-12:00PM	September 20, 2019	Southside Regional Medical Center, 200 Medical Park Blvd.	Southside Regional Medical Center
Living Well with Diabetes	October 15, 2019	1:00PM-2:00PM	October 15,2019	Southside Regional Medical Center, 200 Medical Park Blvd.	Southside Regional Medical Center
Nutrition Class	Tuesdays	9:30AM-11:30AM	September - November	Petersburg Family YMCA, 120 Madison Street, 23803	Petersburg Family YMCA
Virginia State University - Stress Management Seminar	October 26, 2019	12:30PM	October 26, 2019	Virginia State University - Daniel Gymnasium	Virginia State University
Weight Loss Semiar	September 9, 2019	5:00PM-7:00PM	September 9, 2019	Southside Regional Medical Center, 200 Medical Park Blvd.	Southside Regional Medical Center
CITY WIDE ZUMBATHON - Culminating Event for the 1000 Pound Challenge Winner for 2019	November 15, 2019	5:30PM	November 15, 2019	Petersburg Family YMCA, 120 Madison Street, 23803	City of Petersburg, YMCA, Southside Regional Medial Center, Healthy Living and Learning Center & Virginia State University

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